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The Highlands EXPRESS

Vol. 6, Number 3, Wednesday, March 2, 1983

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Juveniles lose first and second games, third game Friday night

The Minden Juveniles went down in defeat on Friday evening at the hands of Thornton by a score of 3-1, in the All Ontario Quarter finals.

On Sunday they lost again 5-3 in Thornton and the third game of the 3 out of 5 series will be held Friday, March 4 at the Minden Community Centre at 9 pm.

After a two week lay-off, Minden didn't appear to be up to par, however the Sunday night game showed much improvement and this Friday night's game should be a real block buster.

Province-wide survey to determine future of women's programs

Ontario's rural women will play a part in determining future educational programs offered by the Ontario Ministry of Agriculture and Food (OMAF).

Beginning in February, province-wide meetings are being held to evaluate the effectiveness of the ministry's current women's programs and to suggest future directions.

"Rural women play an important role in the family farm. Many are involved in decision-making so we must determine what information the ministry may provide to help farm women make informed decisions," says study advisor Molly McGhee, director of the ministry's former home economics branch.

About 6,000 men and women from provincial organizations interested in agriculture and rural life have been invited to these meetings. But McGhee says she hopes anyone from the farming community who is interested in participating in the survey, will attend.

McGhee says she hopes to learn rural women's views on the ministry's current education and information programs to determine areas where

new programs may be needed. She has also prepared questions to determine the effect of changing demographics and technology on rural women and plans to compare Ontario's programs with those in other jurisdictions.

But McGhee says determining the major problems facing rural women and assigning priorities will be difficult because of the diverse ages, educational backgrounds and interests among rural women.

"There's a general feeling that many of the younger farm women seem to want farm business management courses, farm production courses and quick, factual information they can apply now. But others seem to want consumer and nutrition information and home management programs. Yet, there are others who seem more interested in crafts courses and leisure programs."

McGhee says her report will outline to senior policy staff, the areas where rural women's educational interests and opinions vary widely.

"I will not formulate policy but the results of this survey will shape the ministry's future educational programs offered to rural women."

A glimmer of hope amid the gloom

By W. Roger Worth

The nation's smaller firms have been hit hard by the worst economic downturn since the 1930's, yet there is a glimmer of hope amid the disappearance of 80,000 companies in the last year.

The good news: 150,000 new firms were created in 1982. Better still, the 64,000-member Canadian Federation of Independent Business estimates another 200,000 new companies could be set up this year, providing Ottawa delivers the right budget.

Nevertheless, the job creation efforts of the small business sector have not been enough to keep up with spiralling layoffs. As a result, there are no jobs for at least 1.5 million Canadians.

While it is difficult to assess blame, particularly when the world economy is in such a slump, it is becoming clear that the macroeconomists and other "experts" in the corridors of power simply don't understand the nature of entrepreneurs, and their importance to our success or failure at creating jobs.

A recent article in Britain's respected business magazine, *The Economist*, bluntly outlines the facts:

- Since 1969, about two-thirds of America's new private sector jobs have come from workplaces with fewer than 25 employees. (A similar situation exists in Canada.)

- What's more, these small companies lose less than 1 percent of the days lost through labour disputes by companies with more than 1,000 employees.

- Small firms produce an unbelievable 24 times as many innovations for each research and development dollar as large companies do.

- Japan's manufacturing industry has had greater success and less unemployment because 58 percent of the employees are in workplaces with fewer than 100 employees, compared to less than 25 percent in the industrialized countries of the West.

The *Economist* asks this question: Are countries and businesses adopting the correct quickly-changing entrepreneurial mechanisms to put new technology into productive effect?

Sadly, from a government policy viewpoint, the answer to that question in Canada is "No". Rather than spending millions to bail out the corporate losers, the Ottawa establishment should make a concerted effort to foster the entrepreneurial spirit, perhaps our country's greatest resource. As well, policies to better support such risk taking should be put into place.

It's one of the few ways Canadians can be assured of jobs, in both the short term and the long term.

Ice on lakes and rivers is now unsafe warn OPP

TORONTO — OPP Commissioner James Erskine today issued a warning about the conditions of ice on lakes and rivers in Ontario. Seven persons have lost their lives in a nine-day period between Feb. 12 and Feb. 20 in different types of accidents.

The deaths resulted from snowmobiles or vehicles breaking through the ice. One tragic case involved a five year old girl who ventured out on ice near her home.

Because of the mild winter, the ice has not reached its normal thickness and has deteriorated earlier than usual. Many rivers now have open stretches of water or only a thin skin of ice because running water has eroded the ice from underneath.

The tragic loss of life prompted Commissioner Erskine to issue this warning: "No one should go out on frozen rivers or lakes unless they have made certain that local conditions are safe."

DO YOU KNOW? . . .

Q. I am a single parent with two children. There are times when it is difficult to cope. For the sake of my family, I wish I could meet people in a similar situation, for mutual help and moral support.

A. A chapter of the "One Parent Families of Canada" has been established in the County recently.

The first, organizational meeting will be held at the municipal office in Minden on Tuesday, March 8th at 8 pm. The aim of the group can be summed up in just three words, People Helping People.

If you wish to join, please call Steven Zeller at 286-3269, or leave your name and phone number at the Haliburton County Information Centre. Phone 457-2733.

Study shows young people high accident risk

Almost half of all teenage deaths between 15 and 19 are caused by traffic accidents and no jurisdiction in Canada has been able to devise a way of bringing those statistics down, a study by the Traffic Injury Research Foundation (TIRF) of Canada claims.

The report, which examined the young driver problem across Canada, also concluded that the problem of injuries and deaths caused by traffic accidents may well be spreading to an even younger age group.

Finding the means to reduce those statistics is urgent.

"It's apparent the problem is deeply ingrained, remarkably persistent and unlikely to be resolved with anything short of a massive societal undertaking," it said.

Statistics reveal 40 per cent of all traffic injuries and deaths are accounted for by people aged 15 to 24.

In addition, the risk of a fatality among licensed drivers age 16 to 19 is twice that of drivers age 20 to 24 and four times greater than the 35 to 44 age group.

Based on a study of accidents over a 10-year period, the report concluded that in the young accident-prone group, males emerged as the clearly identifiable, high-risk category.

Accident stats also point a finger at newly-licensed drivers as another group

requiring priority attention. (Ontario has since instituted a probationary system for new drivers who now must complete two, one year periods without gaining six points before getting a permanent licence).

The fact that young drivers tend to do more night driving was considered a contributing factor, but alcohol was not.

Perhaps, surprisingly, in relation to the number of kilometres driven, young, non-drinking drivers were found to be higher risks than any other group — with the exception of the aging driver.

TIRF suggested further study to explain this non-drinking category, including possible drug use, a propensity to speed and internal distractions in the car — particularly those caused by young passengers.

The study, financed by an Insurance Bureau of Canada grant, stressed that society must acknowledge its responsibility for the persistence of problems associated with young drivers.

It also recommended:

1. A critical re-evaluation of the existing level of the problem;

2. Development of a comprehensive national research program on young driver accidents; and,

3. Development of a structured and co-ordinated response to the problem.



KEN KERR/UNITED PRESS CANADA

Third class?

Is this what Canada's major airlines mean when they say they're going to reduce the cost of flying in Canada? Actually, this is Mediacom's Scott Ray assembling a billboard in Toronto.



Canadian Business

BY GARTH TURNER

One of the most boring things in the universe is retirement.

But everybody thinks about it. A lot of people worry about it. And still others make profit from those worries.

This brings us to registered retirement savings plans — which are the second most boring things (but simply no excuse to stop reading). And it is a little warning for you. I have recently become very worried about RRSPs, retirement, the year 2014 when I reach 65, and what I saw in the Bank of Commerce the other day while waiting in a long line to get at my own money.

It was a poster with a road on it. A road without buildings alongside or cars travelling, and it led away to a flowing sunset and a couple of sexy hills. The sky, natch, was radiant. And it was a poster telling me why I should buy a Commerce RRSP — because it would take care of me when I became a creaky old snort.

This is RRSP season — because in order to take advantage of the tax break you get for buying one of these plans, you have to do it soon. This month.

But the whole RRSP deal is predicated on the fact things in 2104 will be kind of like they are now. So, if you start one of these plans when you are 30, and over the years invest \$70,000 in it (two grand a year), by the time you turn 65 you will have accumulated \$542,048. Now stop salivating — we realize this is a heck of a lot of money. In 1983, that is.

And this is the problem: There is every indication the next 35 years will be worse than the last three decades. There will be persistent inflation, economic crisis, horrific public and personal debt, pressure on interest rates, and substantial unemployment as the world de-industrializes. The question is just how much \$542,048 will buy you in the year 2014. Security? Lunch?

So let's look back the equivalent space of time for a moment. Maybe that will help.

In 1948, the economy was coming out of a post-



Gary Dunford

HELLO THERE!

Why there's a book called *101 Best Opening Lines*, a complete guide to meeting people of the opposite sex in bars!

It's written by Eric Weber, the guy who wrote *How to Pick Up Girls*. Who would know better.

war slump — slowly. But you could still get a good new car for under \$1,000. And you could buy a perfectly decent house for \$14,000. Those were realistic prices. That was what things sold for, and others still made a buck out of the deal.

Now the price of a new car of equivalent status has grown by a multiple of at least 10 — and still, \$10,000 doesn't buy all that much car. Houses, of course, average just under \$100,000 in Toronto — an increase of about 700%.

This incredible run-up in prices has come largely during decades when inflation was low, federal spending was in line with revenues, there weren't a lot of unemployed people to support and the nation encouraged foreign investors to come in and make something of the place.

Okay, so much for history. So much for a stable time during which an RRSP plan would have been a dumb idea, because you would have been better off buying \$14,000 houses.

Finance Minister Marc Lalonde is expected next month to drop a budget which will increase federal spending so it exceeds revenue by maybe \$30 billion. And that will give Canada a national debt of about \$150 billion.

This debt has to be paid back — something the old snorts don't need to worry about. We do. That will mean upward pressure on interest rates, and it will mean more inflation — all government-provoked.

And if you think you have seen a run-up in prices since 1948, well, hold on to your VISA. Combined with the above garbage is the certainty of a falling Canadian dollar as more responsible countries see what's going down here.

So remember all this when you walk into the bank and see posters with the flowing sunsets.

That ain't the sun. It's fire.

At a newsstand, Weber sez you're supposed to say: "You're the best news I've seen all day!"

At a boutique: "Those jeans look better on you than they do on Brooke Shields."

At a health club: "This place ought to use you in their ads."

We like the one for street use, a Really Great One Liner: "Stop! Wait right here until I think of something to say!"

Suddenly the word "Hi" seems like a cool, clean breeze.

...

GNU WAVE

What's gnu?

Oh nothing much. What's gnu with you?

Just these silly jokes we got from Louis Phillips' *What's Gnu* book coming this June. The awful puns are sure to keep your kids in stitches all summer long. A few samples:

What's a **gnuisance**?

A person who brings large gnu to the movies and lets it sit right in front of you so you can't see the screen.

What's **gnu deli**?

The most popular eating establishment in all of India.

And **gnuclear power**?

Massive energy produced by thousands of gnus going around in a circle.

It's distributed here by Musson.

...

WHAT? MORE BOOKS!

And if you're still looking for something to read, just look at the stuff publishers have promised us this spring!

□ *The Book of Royal Lists* (Musson, March). Do you know the eight questions a Royal Person is most likely to ask you? Or the five school prizes that have been awarded to **Diana, Princess of Wales**? This strange book contains everything from royal burial sites to 21 examples of "physical peculiarities of royalty." Also, what the nine-year-old mynah bird said to the Queen Mother. ("Clear off!")

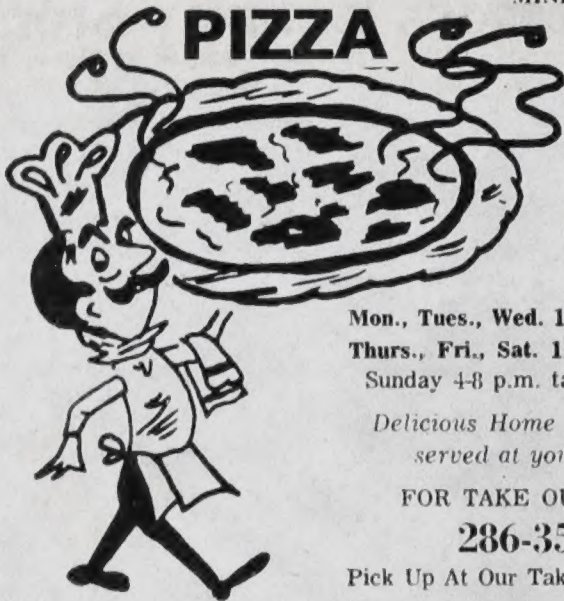
□ *How to Install Your Own Telephones, Extensions & Accessories & Kiss Ma Bell Good-Bye* (Crown, April). Zippadee-doo-dah directions from Wesley Cox on everything from hooking up a simple extra phone to wiring in your answering machines, dialers, redialers, amplifiers and home computer. You did want to phone from anywhere in the world and turn on your microwave oven or videotape recorder, didn't you? The book promises to tell how.

□ *Pac-Baby's ABC* (Crown, April). Wocka wocka wocka. Hey mom! Let go of your joy stick for a minute and come look at this set of baby books! Pac-Man's pride and joy guides your kid through ABC and 1-2-3 and colors and shapes. "Just right for little hands" claims **Doug Taylor**. Start 'em young. See the little maze, kid? Just put a quarter in the slot. Put all your quarters in the slot.

□ *Letters to E.T.* (Stoddart, April). E.T. hasn't gone home kids: He's in Steven Spielberg's basement, typing. Here's a sample letter from Elise. "I am six years old and love you very much. Please come and visit me and my friends. Thank you." If you want 128 pages of such stuff and "many special photographs of E.T.," it will cost about \$14.

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Workers to assess fish stocks in Sudbury district

Twenty-seven laid-off workers have been hired through the federal-provincial fisheries job creation program to study the sport fishery in the Sudbury area and to produce a map listing the different fish species and the locations where they can be caught.

The workers have been hired by the Regional Municipality of Sudbury using a \$115,442 grant from the Ontario and federal governments.

They will conduct three studies -- a creel census to determine winter fishing pressure, a fish flesh analysis to gauge contamination, and a water quality survey which will be used to assess the feasibility of stocking various lakes in the Sudbury District.

The map, which will be sold at cost at the Sudbury district office of the Ministry of Natural Resources, will also show the location of different fish species.

This project will provide 281 weeks of work to be shared by the 27 workers. It is part of a fisheries job creation program, one of five federal-provincial job

creation programs initiated last year by Natural Resources Minister Alan Pope and Lloyd Axworthy, federal Minister of Employment and Immigration. The others involve forestry, parks, mines and conservation authorities.

Since last February, the Government of Ontario has contributed \$16.9-million to the five programs, providing a total of 75,357 weeks of work for 4,996 laid-off workers in the province.

"These job creation programs provide laid-off workers with local job opportunities to help them maintain and improve their work skills," Mr. Pope said. "The success of the programs has been very encouraging."

One of our objectives is to help communities retain their skilled workforce," Mr. Axworthy said. "These programs are a fine example of creative use of Section 38 funds."

Under each program, the federal government offers an enhanced pay package so workers receive their regular UI benefits plus a supplement which will in-

crease their benefits to a maximum of \$240 per week. The Ministry of Natural Resources, using funds provided through the job creation program announced in the Ontario budget, contributes an additional 25 per cent of the federal contribution up to a maximum of \$60 per week. The provincial part of the programs is funded by the Board of Industrial Leadership and Development (BILD) and administered through the Ministry of Natural Resources.

The province also pays for family protection benefits, and the cost of equipment and materials to carry out the project. In addition, staff from the Ministry of Natural Resources provide technical guidance and support for each project.

Canada
has a
constitution.

How's
yours?



SYNDICATION INTERNATIONAL

Sefton

Sefton the British Cavalry horse was nearly killed by an IRA nail-bomb in July while on parade with his rider, Michael Pederson. Although he suffered almost forty injuries, he's finally out of the veterinary hospital and gave Pederson a welcome-back slurp.

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George Gross

Clarence Campbell, who presided over the National Hockey League for 31 years, has always refused to be drawn into a position where he would have to single out six of the many thousands of talented players he had seen perform.

I finally convinced him recently that it would be fitting on the occasion of the 35th NHL All-Star game to offer his personal selection of six players he considers as all-time all-stars.

He didn't pick Edmonton Oilers' Wayne Gretzky to his dream team and explained it this way:

"Wayne Gretzky is a phenomenal figure in today's game. But we must not forget that he's still considered a rookie with four years service when you ask me to pick the best life-time all-star centre."

Who, then, is his all-time all-star centre?

"Jean Beliveau of the Montreal Canadiens, without any doubt," said Campbell. "I'm basing on longevity, durability, scoring talents, play-making ability, injury free

career and, most of all, a tremendous team leader."

The choice of his favorite rightwinger took as little time as his selection for centre.

"Gordie Howe, the famous No.9 is an automatic choice," explained Campbell. "His biggest asset was his consistency. What he could do one day, he was capable of repeating every day. He was a superior physical specimen and a great credit to the game."

"I would consider Detroit Red Wings' Ted Lindsay the most skillful leftwinger," he added. "Yes, I'd have to place him ahead of Bobby Hull, although I may be wrong there. But you asked me, so I'm telling you."

Campbell, a Rhodes Scholar, prosecutor at the Nuremberg Trials and lawyer, is well aware that a team can't depend on offence alone. In order to complete the all-star team we needed a goalie and two defencemen.

"My sentimental preference would be Glenn Hall, but I have to go with Terry Sawchuk in goal, because he was

the best technician in the game. All you have to do is look at his record. It speaks for itself.

"My No.1 choice for defencemen are Bobby Orr and Doug Harvey," said Campbell without hesitating. "It's unfortunate the game has lost both of them."

"Orr's loss, because of his gimpy knee, was a tragic setback for the National Hockey League. There has been a challenge in some places to the first treatments he received. A few questioned the necessity of surgery. What a loss for hockey."

The only question Campbell stickhandled around a bit was when I asked him to name the best player he has ever seen.

"I can't answer the question the way you put it," he said. "You can't compare players from different eras, who played under different conditions."

"But if you were to ask me who I would pick if I had the choice of all players to start a franchise — I'd tell you Jean Beliveau. He had everything."

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**Your Stars
This Week**
BY STELLA WILDER

PISCES: (Feb. 19-March 5) A reunion with old friends is both sad and sweet this week. Realize things change — and stay the same! (March 6-March 20) Keep secrets to yourself. To share them is to break trust with one who deserves only the best from you — always.

ARIES: (March 21-April 4) The furtherance of your career may be more difficult but less hazardous than you think. Work at it now. (April 5-April 19) Legalities are a little frightening this week.

TAURUS: (April 20-May 5) Stand up for what you believe in. This is a week which demands a great deal in the way of honor and integrity. (May 6-May 20) What you require of others should not be more than what you ask of yourself. Be sure all is just — ultimately!

GEMINI: (May 21-June 6) The present situation on the employment scene does little to further your interest in work. Change it. (June 7-June 20) Prepare early for a weekend push. You can insure against failure by giving yourself plenty of time to act.

CANCER: (June 21-July 7) Take care you do not work against yourself when and if you move against another. A week of mild confusion. (July 8-July 22) Friendships bloom under the gratification of stress followed by glowing success. Energy and talent abound.

LEO: (July 23-Aug. 7) Make yourself a magnet for events and conclusions you wish to see realized. Attract attention to your effort. (Aug. 8-Aug 22.) Enter any and all competitions this week. You are in a good place now, both physically and mentally.

VIRGO: (Aug. 23-Sept. 7) Make a connection between effort and results before mid-week. Then use time and talent to "go for broke." (Sept. 8-Sept. 22) Promotion may be in the offing early in the week. Take care not to jinx things by counting chickens too soon.

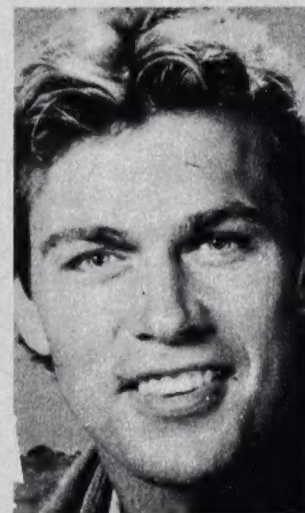
**You Asked Us**

by Eli Hendriks-Witmer

Q. My brother and sisters and I love watching *Voyagers!* on TV. We are interested in Jon-Erik Hexum who plays Phineas Bogg on the show. Could you give us some information about him and where we can write to him?
Jane and Rebecca, Bramalea, Ontario

A. It would seem from the amount of mail I've received on this young man that Jon-Erik would have no trouble winning a popularity contest with the ladies. Jon-Erik is 25 years old, was born and brought up in Englewood, New Jersey and is of Norwe-

gian extraction. His interest in an acting career began during his highschool days where he appeared in a number of musicals including *Carousel* and *West Side Story*. His first professional role was in a summer stock production of *The Unsinkable Molly Brown*. Jon-Erik is 6'1" tall, weighs 190 lbs. and is fond of athletics having been on the gymnastics team in high school and the football team in college. His hobbies include diving and skiing, he loves French fries, pizza and cheesecake and thinks it would be great fun to be Mick Jagger!



JON-ERIK HEXUM

Q. Would you please tell me if Rachel Dennison of "9 to 5" is Dolly Parton's sister? Thank you.

J.P., Edmonton

A. Yes indeed, 22-year-old Rachel is Dolly's youngest sister. Dennison is her married name.

(If you would like to know about a favorite subject or personality we have the answers! Write to Eli Hendriks-Witmer, Box 345, Station A, Toronto, Ontario, M5W 1C2.)

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Paul Hellyer

Rt. Hon. Joe Clark,
House of Commons,
Ottawa.

Dear Joe:

I am reluctant to add to the bewildering barrage of advice you must be getting. But as a fellow human being I would be remiss if I didn't urge you to review carefully the slippery slope on which you are about to embark.

No one should have to endure what you have these last two years. The tension must have been unbearable; but in the end you were trapped by a silly rule. And even though your party has now rescinded it, the damage to your career cannot be reversed.

The odds against you winning another convention are just too great. The combination of forces which ganged up on you in Winnipeg is still out there and will be even more determined to keep you from regaining your former power.

They will persuade other candidates that it is their patriotic duty to come to the aid of the party

Cut the Food Bill with "Food Shopping" Strategy

There's little relief in sight for sky-high food costs but smart shoppers can beat the January food blues this year with a mixture of pre-planning and supermarket strategy.

Budgeting experts still advocate meal planning as the basis for economical shopping — and as a good way to make sure the family is getting a balanced diet.

One suggestion is to keep a note pad by the refrigerator and jot down grocery items as they run out. Categorize foods by groups, and set up your list to coincide with the layout of the store. Typical categories would be meat, frozen foods, fresh produce, dairy items, canned goods, staples, bakery, deli and non-food items.

It may be old hat but that written food list is essential to avoid falling into the trap of impulse buying. Studies show women shoppers tend to pick up three to five additional "impulse" items, and men often come out with up to eight extra products. Even worse than the additional bill, is when you forget what you had to buy in the first place.

If impulse buying is dangerous, shopping while hungry is absolutely fatal. So is shopping with other family members or anything else that lets you become distracted.

You have to beware of decoys and delusions at the store, including advertising gimmicks, coupons, contests, give-aways,

and large displays or arrangements of merchandise strategically placed to attract attention. Before choosing these items, ask yourself if the product is really lower priced. And, try the "stoop and rise" method of shopping as products on shelves above or below eye level usually sell for less.

While the food list is a good starting point, be flexible enough to take advantage of in-store specials. Many of these specials are reduced because of manufacturers' allowances, which are usually passed on to the consumer. But be sure to read shelf tickets which show regular and sale prices of each item.

Most supermarkets also have unit prices on shelf tickets. This is a useful tool for comparing similar items of different sizes or brands or different forms of the same item.

Food shopping strategy also takes food grades into consideration. Food grades indicate quality based on appearance, color, weight and maturity, but

not nutritional content. The most appropriate grade for one

use may not be the best buy for another. For instance, standard grade canned fruit is ideal for desserts that call for chopped, whipped or cooked fruit. Penny savings on particular items soon add up to big savings at the end of a month.

You don't have to be a financial genius to save money on the shopping bill. It just takes a little thought before you shop and a little effort at home.

and the country. Almost inevitably one of the premiers will respond to the challenge and that will pose a handicap too great for you to overcome.

Should you try, the stress will continue. You will face both real foes and shadows and fighting each will take its toll.

The financial cost will be enormous too. As you well know, leadership campaigns require a bundle of money — more as time goes by. In this regard the cool reception of many of your former backers will shock you. The tycoons who lined up at your office to beg your favor will be on holidays, or tied up at important meetings.

Fortunately you are still in a position to cash in some chips if you choose to sit out the convention and play the role of elder statesman. In exchange for your neutrality you could keep your salary, office and perks until the new leader is chosen. Or, if it's someone from outside the Commons, until a by-election is held.

In addition a grateful party would probably agree to raise a trust fund to assist you in maintaining a life-style appropriate to a former prime minister. The Toronto establishment might balk at mention of the cool million being mooted before Winnipeg but no doubt would raise a generous sum.

Even more important, you would stake an irresistible claim to a senior cabinet post in any new PC government. Politics is your first love, Joe, and you are unlikely to find anything else half as exciting.

The idea of a former PM serving under a new leader isn't unique. Sir Alex Douglas-Home was prime minister of the UK for about a year from Oct. '63 to Oct. '64. Later he served as foreign secretary under Harold Macmillan for four years.

Your chances for a rewarding future in politics will be considerably enhanced if you stay out of the arena. You have few real enemies in the party now, but that situation may change if you enter the ring with the lions.

The scales are heavily weighted in favor of neutrality, Joe. That way you emerge a serene, sure winner with money in the bank rather than an exhausted reject nursing a big overdraft.

Yours sincerely,
Paul

Farm vacation concept boosts rural incomes

Increasing numbers of Ontario farmers are playing host to urban vacationers.

By 1983, there will be more than 60 vacation farms located throughout the province — up from the 18 involved when the Ontario Vacation Farm Association began five years ago.

The secondary, on-farm income the family gains by opening their home to vacationers is one advantage of the vacation farm concept, says Sharon van Son of the Ontario Ministry of Agriculture and Food's rural organizations and services branch.

"This extra on-farm income is a very positive result, especially in these difficult economic times."

She says the surrounding community benefits too because the vacationers buy souvenirs at its shops and take part in community events.

Education is also a key element of the vacation farm concept, she says. "It's very important to the association, which sets standards and guidelines, that education is a part of the farm vacation. Many urban families don't realize the amount of work that goes into producing a glass of milk, so this is an ideal opportunity to teach them more about agriculture today."

The vacation farm also offers an outlet for urban-rural dialogue; better understanding is gained on both sides.

Hosting a farm vacation is a wonderful way to meet new people, exchange ideas and form new friendships. Van Son says vacationers visit from Europe, the United States and other parts of Canada.

"The full-time farm family has little chance to take a vacation, so in a sense, the holiday comes to them."

She says the association seeks working, owner-operated farms where urban families can participate in rural life and learn more about modern farming. Farm families interested in hosting vacationers first complete an application form. An area director visits the farm to discuss the association's expectations and those of the farm family.

Van Son cautions that hosting a farm vacation requires hard work. "Although it's enjoyable work, the whole family must be prepared to put in its share."

Information on the vacation farm association is available from the executive director, Ms. Samme Putzel, RR 2, Vankleek Hill, Ontario K0B 1R0.

If you have shelved plans for expansion or modernization of your existing facilities due to the economic downturn, you'll want to know about the Canada Ontario Employment Development Program.

It's a \$200 million federal-provincial job creation program for private enterprise, non-profit organizations and municipalities. And it's designed to create work for those hardest hit by current economic conditions — men and women who've exhausted their unemployment insurance benefits, or are receiving social assistance. The federal funding for this program comes through the new Employment Expansion and Development (NEED) Program.

FIFTY PERCENT OR MORE OF TOTAL GROSS PROJECT COSTS. The program may provide 50 percent or more of private sector project costs which will improve productivity, while supporting economic recovery and regional development. Some examples: activities such as underground development in the mining sector, site

preparation in the forestry industry and modernization of plant facilities to increase productivity or to conserve energy.

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For more information call your nearest Canada Employment Centre, Employment Development Branch Office, Ontario Ministry of Industry and Trade Office or Ontario Ministry of Northern Affairs Office.

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Lloyd Axworthy, Minister of Employment and Immigration, Government of Canada. Russell Ramsay, Minister of Labour, Government of Ontario.

NOTICE

Township of Stanhope

1983 dog licences and tags are now available at the Stanhope Municipal Office.

All dogs are required by law to be tagged. Any dog found running at large is held for a maximum time of three days and then destroyed.

W. James Moore,
By-Law Officer,
Township of Stanhope,
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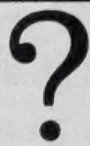
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The Psychic File

BY BEVERLY JANUS

Checked your 'halo' lately? Are you 'in the pink' or feeling 'blue'? Perhaps you are looking at the world through 'rose-colored' glasses.

These well-used expressions take on extra dimensions when we discuss the aura.

The aura can be described as a lighted area that appears around all living beings — both plants and animals. "Living" seems to be the key word. The living aura is quite different from ones seen around inanimate objects. Living auras appear to vibrate, fluctuate in both size and brightness — and span the rainbow in their color range. These changes are said to be caused by changes in mood, health, and spiritual development.

I have found from countless classroom experiences that very ordinary people, from all walks of life, have had no problem seeing the aura. Over the years, working with hundreds of individuals, I have found that one does not need to have any great 'psychic' ability to see the aura. Usually all that's needed is just to try. Many students have said, when the aura was pointed out to them, "I've seen that lighted shadow all my life — and sometimes in color too."

Many children see the aura quite naturally. I have had children tell me that they didn't like the blue man — you know, that man wearing the brown suit. They were talking about his aura — not his clothes.

To see your own aura, you should stand before a mirror in a dimly lighted room, just bright enough so that you can see your own features. Take a deep breath, using your stomach muscles to

breathe. Now relax your eyes, and look in the mirror. You should be able to see a hazy area just around your hair-line. This is what is normally called an aura. You've just seen your own halo.

Now look down at your hands. Hold them in front of you. Again you will probably be able to see a hazy sort of shadow extending from your fingertips. Move them about. Touch them together and move them apart slowly...in an accordion type motion.

When you try this with another person, have them stand against a smooth, plain wall. Dim the lights — the brightness of the lighting can depend upon you — but usually dim lighting is the best. Have your friend take a deep breath and imagine that his breath is filling his head. Again relax, and look. Some people will see colors right away — but most will time and practice.

In the classroom I have divided the students into groups of five or 10. One would stand against a wall, and the others would take notes on what they saw. They did not compare notes or speak out as this would lead to some being 'suggested' into seeing what the others did. Later, when we did compare notes, the results were usually quite exciting. If eight out of 10 people saw that the subject had a rounded, bright green aura — then I would think that she probably did.

In one classroom experiment, two people stood against a wall. One had a bright, strong, aura and the other had a dull, small aura. The two held their hands about three inches apart. Students saw that two aura blend and the weaker aura got brighter and grow, while the stronger aura got smaller and less bright. Perhaps this is part of psychic healing.

If you think about it, maybe this is where that expression 'She drains me' or 'he held my hand and gave me strength' really comes from. The next time someone wants to hold your hand because they need strength — maybe you will be giving them a little of yourself — literally.

Over the centuries the colors given off by the aura have taken on certain meanings. If the colors are muddy and unclear then they take on a negative character. A light clear green is the color of someone who has a 'green thumb' and a love for living things. A dull, muddy, yellow-toned green is usually the color of someone who is jealous, deceitful and not too happy. Again an expression comes to mind — 'green with envy'.

The 12 most common excuses for not visiting a doctor

Every year thousand of Canadians suffer from serious diseases and health problems that should have been caught and treated during their early stages. Unfortunately, however, the victims did not have specialized health check-ups as recommended by health authorities. The frequent result - unnecessary pain and disablement.

Following are the twelve most frequently used excuses:

1. "I was too busy to find time for an examination."
2. "I figure you only live once, so why worry about it?"
3. "I don't like doctors. They scare me."
4. "My father lived to be 91 years old; my mother lived to be 87. I come from strong stock."
5. "I keep telling my husband, but he doesn't listen."
6. "I read a lot, so I can pretty well diagnose my own problems."
7. "I don't like to think about illness - it gets me depressed."
8. "I had a physical exam three years ago."
9. "I had an appointment scheduled, but something more important came up."
10. "We moved, and it is hard to get started with a new doctor."
11. "Doctors cost money, and we're trying to save."
12. "I figure I'd go only if the disorder got worse."

If you have not had various specialized health examinations in the past six months, probably you have used one or more of the above excuses.

According to a recent survey many people are aware of the fact that they need specialized health

check-ups on a regular basis. They know the importance of taking care of their eyes, teeth, heart, lungs, spine and other weight-bearing structures. Yet, they make the common mistake of putting off health matters so long as a health problem is not apparent. And, unfortunately some even do so after the need for attention is obvious. All the while they justify their actions with one or more of the twelve basic excuses.

Many fail to realize that the saying "an ounce of prevention is worth a pound of cure" is more applicable to health than to any other element in their lives. Preventive health care is one of the keys to a long and productive life. Most health problems, if caught early enough, can be resolved.

It's easy to put one's health needs last- until pain or disablement shows up. Then it becomes just about the most important thing in one's life. That's why doctors of chiropractic recommend spinal examinations on a regular basis. Likewise, as conscientious members of the health team they recommend periodic check-ups of other critical points of the body by qualified specialists.

The point to remember is - excuses do nothing to improve or assure good health. The best thing you can do is have a heart-to-heart talk with yourself, and decide that it takes a sincere personal effort to maintain your health.

These health views are published by members of the Ontario Chiropractic Association in the interest of better public health.

COUNTY OF HALIBURTON ROADS DEPARTMENT

ATTENTION TRUCK OWNERS

All truck owners who are interested in working for the Roads Department in 1983 are required to complete forms that are available from the County office. All forms to be returned by 4:00 p.m. April 13th, 1983.

W. E. Obee, County Engineer
Box 399, Minden, Ont. KOM 2K0
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Forms are available from the County office to list available equipment and rental rates for the year 1983. All forms to be returned by 4:00 p.m. April 13th, 1983.

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W. E. Obee,
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Paul Bog

For the past forty-five years, Paul Wukitzewitz, known to his neighbours as Paul Bog, has been living in this straw and mud home near Winnipeg. The underground home resembles the sod huts many of Canada's Prairie pioneers lived in upon their arrival in the last century.

OAC conference offers farm management ideas

Cutting costs and increasing farm profits will be a major focus of this year's Ontario Agricultural College (OAC) Agricultural Conference, Jan. 4 to 6, in Guelph.

"This is sure to be a drawing card because it zeroes in on the current economic situation and discusses innovative approaches to farm financial problems," says Stan Young, organizer of the annual conference and co-ordinator of Agricultural Extension Services for OAC.

Four major areas of interest to farmers will be addressed.

Farmers will learn about managing farm assets wisely. The debt-carrying capacity of various farm enterprises will be examined.

Ways to cut costs in growing and finishing beef will also be examined. Guest speakers

will discuss using corn silage and feed additives to produce more economical beef. They'll also discuss the use of the microcomputer to determine areas where costs can be cut.

A session on the disadvantages and advantages of earthen manure storages and where they can be used successfully is also being offered. Young says this topic has been chosen to help farmers understand the problems associated with these in-ground storage areas for liquid manure.

Farmers will also be updated on university crop research.

"There are always new developments in the crops area. This conference is one avenue we can use to inform farmers of new research and get it into use."

The program will propose new cash crop alternatives to

replace traditional cash crops and offer advice on controlling soil erosion.

The conference at the Royal Canadian Legion, York Road, Guelph, is free of charge to producers and others in the agriculture industry.

Young says he expects about 1,000 to 1,500 farmers will attend the conference, which is sponsored by the University of Guelph and the Ontario Ministry of Agriculture and Food (OMAF).

"People make the conference a success. They ask questions and discuss problems together. When the conference ends, they take some of the ideas they've learned away with them."

Free brochures, which outline the schedule of the daily programs, are available at county OMAF offices.

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SuperShopping

BY RHONDA MAXWELL

Almost a month ago the headlines in my local daily paper read "Recession's end in sight, report says". Food costs are also down for the fifth straight month. A cause to celebrate you say. Well perhaps, but I would caution anyone who thinks it is time to run out to the supermarket to stock up.

I know as well as anyone that 1982 was particularly devastating to the pocketbook. I seem to have eaten away at most of the staple products I had been able to stockpile over the past six years. As I mentioned a few weeks ago, I have had to increase my grocery budget for the first time, mostly because I was no longer able to maintain my monthly food supply well at the same time taking advantage of specials.

If it is true that food prices are down then it is time for a cautious re-supplying of your pantry. If lower food prices mean that we can get better value for our food dollar, then consumers should be looking forward to being able to re-stock.

Take a look at your food budget at present and see if there is any way you can squeeze a few extra dollars out of it for "special" purchases. With summer not too far off, you may wish to pick up meats for barbecuing. Frozen juices are usually on special somewhere and if convenient you should pick up an extra can or two to augment your juice supply.

This past year was hard for many consumers in their efforts to place well balanced economical meals on their tables. If what the report indicates is true, it may be time for rejoicing and careful planning for the future.

Refunds this week can save you up to \$10.50.

Royale Bathroom Tissue Refund Offer up to \$3.00: P.O. Box 9499, Saint John, N.B., E2L 4X3. To receive a \$1.00 refund, send in three UPC symbols

from three 4-roll packages of Royale Bathroom Tissue. To receive a \$3.00 refund send in 3 UPC symbols from three 8-roll packs. Expires May 31, 1983.

Dr. Ballard's Refund Offer \$2.00: P.O. Box 9927, St. John, N.B., E2L 4P9. Send in 10 complete labels from any size Dr. Ballard's Canned Dog Food and the refund form found in a home mailer and you will receive \$2.00 cash. Offer expiry date not show on form. Form is required.

New Dawn Conditioning Refund Offer \$3.00 Coupon: Box 504, Thornhill, Ont. L3T 4A2. Send in the certificate found in the October issue of Chate-laine magazine along with the front panel from any box of New Dawn Conditioning Colors to receive a \$3.00 coupon good on your next purchase. Offer expires Sept. 30, 1983.

Salada Tea Cash Voucher Offer up to \$2.50: Box 1017, Malton, Ont., L4T 4C3. Send in UPC's from 60 and 120 bag size of Salada Tea to receive vouchers good on Kellogg-Salada products. Two UPC's get \$1.00, three gets \$1.75 and four UPC's earns you \$2.50. Offer expires May 31, 1983. Home mailer form required.

For your copy of *Be A Better Grocery Shopper*, by Rhonda Maxwell, send \$6.95 by cheque or money order to Canada Wide Books, P.O. Box 345, Station A, Toronto, Ont., M5W 1C2. For a copy of *Super-Shopping and You*, send \$2.45 to the same address. For more information on the Coupon Exchange Co. of Canada, send a self addressed stamped envelope to P.O. Box 604, Station A, Scarborough Ont., M1K 5G3.

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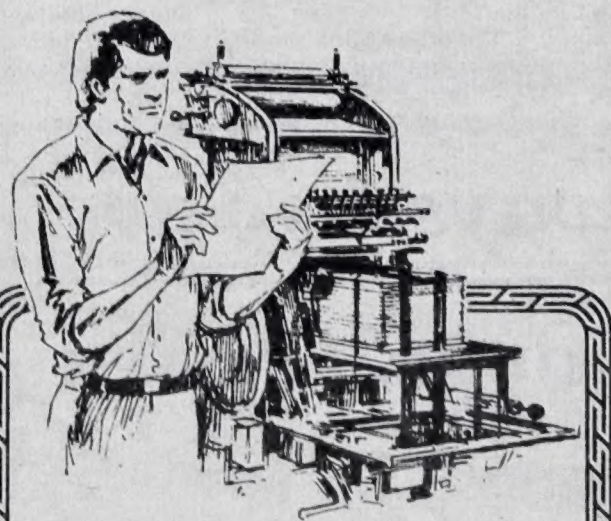
Lally the koala bear is keeping her chin up after suffering a broken leg in her Australian zoo — the vets have repaired her leg, and until it heals, she gets around like a kangaroo by hopping.

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